

Socratic Questions Script

Date: _____

What is the thought I want to examine?

What is the evidence for this thought?

What is the evidence against this thought?

Is this thought a habit or based on facts?

Are there thinking errors (e.g., all-or-nothing, catastrophizing)?

How would I view this situation if someone I cared about were thinking it?

What are some alternative explanations?

What would I tell a friend in this situation?

What is a more balanced or realistic way of thinking?

How do I feel now? What is my belief in the original thought (0-100%)?
